

Last Waltz

Thursday

Warm up (600):

200 swim

4x50s kick IM order by 50

200 pull

Pre-set (600): *feel free to mix in strokes on the fast 25s*

4x50s @ r:15 25 drill, 25 distance per stroke, IM order

6x75s @ r:20 (1: 25 fast, 50 smooth, 2: 25 smooth, 25 fast, 25 smooth 3: 50 smooth, 25 fast, repeat 4-6)

Main set (1800):

600 locomotion: 25 A, 25 B, 50 A, 50 B, 75 A, 75 B, 75 A, 75 B, 50 A, 50 B, 25 A, 25 B

A = Finger tip drag high elbow recovery

B = Backstroke

Broken 500 @ r:15:

75 free, 50 fly/back

75 free, 50 back/breast

75 free, 50 breast/free

75 free, 50 free/fly

Broken 400:

150 smooth @ r:10, 25 fast @r:15

100 smooth @ r:10, 25 fast @r:15

50 smooth @ r:10, 25 fast

25 ez

Broken 300:

50 fast, 25 ez @ r:30

75 fast, 25 ez @ r:30

100 fast, 25 ez

Murph only bonus: 100 breast ALL OUT

Cool down (300):

100 fewest strokes possible

100 kick

100 swim